What has the Future in Store for You?

A WORD OF CAUTION!

WE desire to warn our readers against statements which have been published, from time to time, pretending to give the ingredients of Mother Seigel's Syrup. We say most emphatically that all such statements are misleading and inaccurate. This world-renowned remedy is compounded of *more than a dozen* different herbs, roots and other ingredients, several of which are not obtainable from chemists in this country.

The true formula of Mother Seigel's Syrup is known only to the Proprietors, and cannot be discovered by analysis. Even the most eminent analysts admit that it is impossible to accurately determine the composition of any such mixture of vegetable extracts, by means of analysis.

For the relief and cure of Indigestion and other disorders of the stomach and liver, no remedy stands in such popular favour as Mother Seigel's Syrup. Its reputation and success are based on merit—on the record of cures it has effected during a period of over forty years.

Concoctions prepared from any of the fictitious recipes which have been published from time to time, have not, and by reason of their composition, cannot possibly have, the same medicinal and curative effect as the genuine Mother Seigel's Syrup, which is prepared only by the Proprietors, A. J. White, Ltd., 35, Farringdon Road, London, E.C.

22501576489

1912

UNEXPECTED wealth! Unforeseen happiness! Many "a crowded hour of glorious life" and thrilling experience! These things are in store for *somebody*, and perchance the future has them in store for *you*! Wouldn't you like to know? Of course you would.

We all feel, now and again, that we would like to peep into the future, to read its secrets; and, from earliest times, people have believed that this is possible. Men of all lands and all times have attempted to foretell the future—by reading the stars, by gazing into crystals, by magic mirrors, by watching the smoke of burning herbs, by the lines on the hands, by cards, and by other methods too numerous to mention.

To-day, in this country, fortune-telling is contrary to law, if it is carried on for gain, and this law wisely protects us from charlatans and cheats of the worst class, even if it does not convince everybody that there is no such thing in the world as the gift of foresight.

Beyond all doubt, instances have occurred when either the future was foretold or, if it was only a guess, that guess was wonderfully near the mark.

For instance, a French soothsayer once told a mother that her son would die on the throne of France! Some years later—when the mob, in the Revolution, stormed the royal palace—

MO-PAM
QV26
1912 W58w
Wellcome Library

that boy *did* die there! But he did not die, as the mother expected, as a king on the throne! No! He died at the hands of a royalist soldier, as one of the mob, with a sword through his heart!

The famous Yorkshire prophet, sometimes called "*Mother*" Shipton, because of her age, foretold many wonderful things. Over 350 years ago, she predicted that carriages would move without horses; that men would fly through the air; that ships of iron would be built; that vessels would move under water; that mountains would be tunnelled—and many other things which have since come true.

The paragraphs in this book which tell you, according to the month in which you were born, something of your fate and fortune, are written in accordance with the beliefs of those who hold that our "fate is in the stars." To consult these beliefs for yourself or your friends, will doubtless interest you. They may amuse you, too, but, in any case, you need not take them too seriously. Neither we, nor anyone else, can foretell *with certainty* what is in store for you—happiness or misery, sickness or health!

We cannot, therefore, stand sponsor for what are merely the

SAYINGS AND NOTIONS OF FORTUNE TELLERS,

be they honest or otherwise, but we *can* and *do* stand sponsor for other things which we have had time and opportunity to *prove*.

We cannot say, as the soothsayers do, that, because you were born in such and such a month, you will have ill-health! But we *do* say, if your illness is caused by stomach or liver trouble—no matter when you were born, or who you are—that Mother Seigel's Syrup can and will cure you, if you give it a fair trial.

You may read those pages in this book devoted to fate and fortune with a believing or a disbelieving mind, as you like. They carry no guarantee of ours! But every other part of this book has behind it our direct pledge that it is true!

If you had your fortune told, it might be falsified, but if the future has in store for you any stomach or liver trouble, nothing is capable of more direct proof than that Mother Seigel's Syrup will be more likely to cure you—quickly and permanently—than any other medicine known.

JANUARY

4th.	Full Moon	○	1.30 p.m.
11th.	Last Quarter	☾	7.43 a.m.
19th.	New Moon	●	11.10 a.m.
27th.	First Quarter	☽	8.51 a.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Monday	8.8	3.59	17	Wednesday	8.0	4.19
2	Tuesday	8.7	4.0	18	Thursday	7.59	4.21
3	Wednesday	8.7	4.1	19	Friday	7.58	4.23
4	Thursday	8.7	4.2	20	Saturday	7.57	4.24
5	Friday	8.7	4.3	21	Sunday	7.56	4.26
6	Saturday	8.6	4.5	22	Monday	7.55	4.27
7	Sunday	8.6	4.6	23	Tuesday	7.54	4.29
8	Monday	8.5	4.7	24	Wednesday	7.52	4.31
9	Tuesday	8.5	4.9	25	Thursday	7.51	4.33
10	Wednesday	8.4	4.10	26	Friday	7.49	4.35
11	Thursday	8.4	4.12	27	Saturday	7.48	4.37
12	Friday	8.3	4.13	28	Sunday	7.46	4.39
13	Saturday	8.3	4.14	29	Monday	7.45	4.40
14	Sunday	8.3	4.15	30	Tuesday	7.43	4.42
15	Monday	8.2	4.16	31	Wednesday	7.42	4.44
16	Tuesday	8.1	4.18				

People born in January are born to rule. They are of active habits and should be fortunate in trade. When things go right, they can be jolly, but they are often miserable, even without cause.

These people can usually hold their tongues and keep secrets.

They are careful in money matters and they keep their promises.

Girls born during January are frequently untidy, and are fond of pleasure, but if they marry young will make good wives and mothers.

Undertakings begun on the 3rd, 4th, or 16th day of the month are particularly likely to prosper.

The lucky stone to wear—for both men and women—is the ruby. The motto for January is, "Self-reliance means success."

Fight your own battles; do not be afraid;
Share, too, the burdens of your weaker friend:
And though your joys may sometimes be delayed,
Fortune shall smile upon you in the end.

HEALTH:
AND HOW TO MAINTAIN IT.

ONE of the greatest of medical authorities has said that more than half the disease that embitters life springs from digestive troubles!

In this article, I want to show you what duties should be performed by your stomach, liver and other organs of digestion, and what happens when, for any reason whatsoever, these organs cannot perform those duties. Further, and this is most important of all, I want to show you how you may restore those digestive organs to good working order, and keep them so.

THE DANGERS OF BAD DIGESTION.

To begin with, you know you are kept alive by the food you eat. Every time you move, or even think, you are helping to wear out your body, but this wastage of the body is replaced by the food you take, though not all of what you eat can nourish you. The old saying is, that each of us eats a peck of dirt before he dies, but neither dirt, nor anything else which does not *nourish*, can sustain our bodies.

All the food you eat passes first into your stomach, where, when your stomach is doing its duty, it is mixed and churned with what are called the gastric juices. During this process in the stomach, your food undergoes a change, and *some part* of it is then ready to be passed immediately into your blood, but the rest of your food needs the aid of the liver, and other organs of digestion, before it can pass into your blood to feed you.

At each stage of its journey, from one organ to another, all the nourishment there is in your food should be made use of, and that which reaches the lower bowel should be expelled as waste! If your stomach does not do its duty—does not digest food—of course you cannot get the nourishment you ought to. Worse still, your food, lying undigested in your stomach, gives off acids and gases, which poison your blood. It is like getting no wages, and being kicked besides.

KICKS INSTEAD OF HA'PENCE.

FEBRUARY

2nd.	Full Moon	○ 11.58 p.m.	18th.	New Moon	● 5.44 a.m.
10th.	Last Quarter	☾ 12.51 a.m.	26th.	First Quarter	☽ 7.27 p.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Thursday	7.41	4.46	**16**	Friday	7.16	5.13
2	Friday	7.39	4.48	**17**	Saturday	7.14	5.15
3	Saturday	7.38	4.49	**18**	**Sunday**	7.12	5.17
4	**Sunday**	7.37	4.51	**19**	Monday	7.10	5.19
5	Monday	7.35	4.53	**20**	Tuesday	7.8	5.21
6	Tuesday	7.34	4.54	**21**	Wednesday	7.6	5.23
7	Wednesday	7.32	4.56	**22**	Thursday	7.4	5.24
8	Thursday	7.31	4.58	**23**	Friday	7.2	5.26
9	Friday	7.29	5.0	**24**	Saturday	7.0	5.28
10	Saturday	7.27	5.2	**25**	**Sunday**	6.58	5.30
11	**Sunday**	7.25	5.3	**26**	Monday	6.56	5.31
12	Monday	7.24	5.5	**27**	Tuesday	6.54	5.33
13	Tuesday	7.22	5.7	**28**	Wednesday	6.52	5.35
14	Wednesday	7.20	5.9	**29**	Thursday	6.50	5.36
15	Thursday	7.18	5.11				

People born in February are of two distinct kinds. They are either particularly successful, or they are miserable failures.

They are thorough in most things, but unreliable as to keeping time.

The women make good nurses, good housewives, and good mothers, though they are apt to be flirts in their younger days.

Both the men and women are happier when married, and after marriage, the men usually become more successful in business.

The lucky stone for February is the sapphire, and the best days to begin new ventures are the 3rd, 8th, 22nd and (in leap year) 29th.

The motto for February is "Ad astra" (to the stars), which may be interpreted :—"Aim high!"

Fix your heart on something worthy,
Strive some noble work to do,
Then success and sweet contentment
Surely shall abide with you!

When your liver is out of order, instead of getting nourishment from any of the fats you eat—which the liver helps to digest—you get biliousness, and more poisons in your blood. If the waste in the bowels is not regularly expelled—that is, if you suffer from constipation—*that* condition will pollute your blood and slowly poison your whole system! Then goodbye to health and strength; for these poisons in the blood cause nearly all of the ills which can come to you and me.

THE WAY TO BE WELL.

In short, if you keep your stomach in working order, so that it can do its share of the work in digesting food; and if you keep your liver right, so that it can help and not hinder this work; and keep your bowels right, so that they expel daily the waste from your system, you will protect yourself, in this *simple* way, from at least nine out of ten of all human ailments.

Nobody who is subject to any weakness of the stomach would, I suppose, be so foolish as to overtax it with foods which only strong, healthy stomachs can digest. A weak or disordered stomach needs *help*, and for this purpose no remedy in the world has anything like the same great and sustained reputation that Mother Seigel's Syrup has. This world-famous medicine has strengthened and toned more weak stomachs, stimulated more sluggish livers and regulated more irregular and inactive bowels than any other preparation on the market.

Mother Seigel's Syrup is composed of *nearly a dozen* medicinal extracts of roots, barks and leaves which, in combination, have a more beneficial effect on the stomach, liver and bowels than any other known remedy.

If you have *any* of the ailments mentioned in this book—if you have a poor appetite, furred tongue, pains after eating, headaches, bilious attacks, constipation, anæmia, want of energy, sleeplessness, "nerves," or general debility—you have some digestive disorder, which is *curable*, and can be cured by Mother Seigel's Syrup more surely than by anything else that can be recommended. Read this book and you will be convinced! Take Mother Seigel's Syrup and you will be cured!

3rd. Full Moon ○ 10.42 a.m. | 18th. New Moon ● 10.9 p.m.
10th. Last Quarter ☾ 7.56 p.m. | 26th. First Quarter ☽ 3.2 a.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Friday	6.48	5.38	17	Sunday	6.12	6.6
2	Saturday	6.46	5.39	18	Monday	6.9	6.7
3	Sunday	6.44	5.41	19	Tuesday	6.7	6.9
4	Monday	6.42	5.43	20	Wednesday	6.5	6.11
5	Tuesday	6.39	5.45	21	Thursday	6.3	6.13
6	Wednesday	6.37	5.46	22	Friday	6.0	6.14
7	Thursday	6.35	5.48	23	Saturday	5.57	6.16
8	Friday	6.32	5.49	24	Sunday	5.55	6.18
9	Saturday	6.30	5.50	25	Monday	5.53	6.19
10	Sunday	6.28	5.52	26	Tuesday	5.51	6.20
11	Monday	6.25	5.54	27	Wednesday	5.49	6.22
12	Tuesday	6.23	5.56	28	Thursday	5.47	6.23
13	Wednesday	6.21	5.58	29	Friday	5.44	6.25
14	Thursday	6.19	6.0	30	Saturday	5.42	6.26
15	Friday	6.16	6.2	31	Sunday	5.40	6.28
16	Saturday	6.14	6.4				

Those born in March are clever with their hands and feet; therefore they make good mechanics and good dancers.

They are fond of beautiful things, but will rarely make patient, steady effort to get on in life.

They are restless, fond of travel, careless of their property, and are apt to speak without thinking.

Both men and women are apt to spend money freely, and the men should carefully watch their habits or they may be tempted to drink too much.

The lucky days for the month are the 2nd, 8th, 16th, and 28th, and the lucky stone to wear is the moonstone, if worn as a brooch or a tie-pin.

"Lives of great men all remind us
We can make our lives sublime,
And departing leave behind us
Footprints on the sands of time."

A MODEL LETTER.

THEY say, nowadays, that letter writing is a lost art, but it is always a delight to read such a letter as Mr. Arthur Clapham wrote us on April 15th, 1911. Here it is :—

"Twenty-seven years ago, I fell ill of what is called a slow fever, which finally turned into rheumatic fever. Mine was a very serious case, and when the fever had subsided, boils broke out all over my body, dreadful to endure or even to look upon.

"I had careful treatment, but grew weaker and weaker, was troubled with night-sweats, and ordered to take cod-liver oil.

"About that time, I happened to come across one of your pamphlets, and by what I read therein, I was induced to give Mother Seigel's Syrup a trial, and before I had taken quite all of a 2/6 bottle of the Syrup, all the boils had disappeared, and my skin was clear and healthy. I have not been troubled with a boil from that day to this.

"And now let me remark (what perhaps I ought to have told you sooner) that throughout the whole course of my illness, I suffered much from indigestion, at times so severely that I was drawn nearly double, and could not eat so much as a bit of bread without it causing intense pain. Now, my appetite is good, and I can eat anything in reason, without ill effects.

"I took Mother Seigel's Syrup regularly for a few months, and not only recovered my health, but increased in weight from 8 stone to 11 stone.

"Mother Seigel's Syrup has long been the only medicine known in my family, and we are never without a bottle of it in the house."—14, Hall Grove, Hyde Park, Leeds.

Mr. Clapham had severe indigestion—so much so that his life was despaired of. Even those night-sweats, which suggest that terrible disease, consumption, were only signs of the constitution being weakened by acute indigestion—and indigestion is the root cause of nearly all our ailments! But those who take Mother Seigel's Syrup need never despair! It has cured in thousands of cases, after other remedies have been tried in vain. Buy and try the Syrup for yourself!

APRIL

1st. Full Moon ○ 10.5 p.m. | 17th. New Moon ● 11.40 a.m.
9th. Last Quarter ☾ 3.24 p.m. | 24th. First Quarter ☽ 8.47 a.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Monday	5.38	6.29	16	Tuesday	5.4	6.55
2	Tuesday	5.36	6.31	17	Wednesday	5.2	6.57
3	Wednesday	5.34	6.33	18	Thursday	5.0	6.58
4	Thursday	5.31	6.35	19	Friday	4.58	7.0
5	Friday	5.29	6.36	20	Saturday	4.56	7.2
6	Saturday	5.26	6.38	21	Sunday	4.54	7.3
7	Sunday	5.24	6.39	22	Monday	4.52	7.5
8	Monday	5.21	6.41	23	Tuesday	4.50	7.6
9	Tuesday	5.19	6.43	24	Wednesday	4.48	7.8
10	Wednesday	5.17	6.45	25	Thursday	4.46	7.10
11	Thursday	5.14	6.47	26	Friday	4.44	7.11
12	Friday	5.12	6.49	27	Saturday	4.42	7.13
13	Saturday	5.10	6.51	28	Sunday	4.41	7.15
14	Sunday	5.8	6.52	29	Monday	4.39	7.17
15	Monday	5.6	6.53	30	Tuesday	4.37	7.18

People born in April are usually intelligent and often rise in the world, if they make up their minds to succeed.

They are jealous and suspicious, slow to forgive an injury and more slow to forget it. They are fond of fine clothes and too apt to judge others by appearances.

The women are careless in money matters and spend their money as quickly as they get it.

They are apt to have disappointments in their love affairs and should only marry those whom they know well.

The lucky days in April are the 2nd, 10th, 24th and 25th. The lucky stone is the diamond.

The motto for the month is " Be thou faithful ! "

Would'st thou be happy ? Then though fate has hurled
Time and again at you misfortune's dart,
Still carry, through an ever-changing world,
A never-changing heart.

Our Pale-faced Daughters.

PALE cheeks, with bloodless lips, and lack-lustre eyes, denote a condition of great danger! The source of the trouble is anæmia, or poor blood! This complaint *usually* attacks girls about the time they enter womanhood, though older women and even men are sometimes its victims. The most common symptoms are languor, poor appetite, dislike for exertion, pains all over the body, and constipation. All these troubles come when the digestive organs do not draw enough nourishment from food to enrich the blood, or when the poisonous products of indigestion have loaded the blood with impurities. The best and safest cure is a course of Mother Seigel's Syrup, which cleanses and enriches the blood, aids digestion, makes food nourish you and thus cures anæmia in the natural way.

Mrs. E. A. Pople, 13, Newtown, Highbridge, Somerset, said on April 4th, 1911 :—"Anæmia and indigestion combined reduced me to a shocking state of weakness, and most of my days were spent lying on a couch. When I tried to do any work, I fell down from sheer weakness. Before I had taken quite all of a 2/6 bottle of Mother Seigel's Syrup, I was another woman and now I am quite well."

Anæmic people can seldom eat! That is one of their chief troubles! But when Mother Seigel's Syrup has given tone and strength to the stomach, so that it *asks* for food; when it has regulated the bowels, so that the miseries of constipation pass away, *then* the sufferer can eat with relish, and get nourishment from food, and is soon transformed into a new being. If you are anæmic, or if you have any other trouble due to stomach disorder, or constipation, take Mother Seigel's Syrup regularly for a while and note the vast improvement in your health. At every season of life, Mother Seigel's Syrup is particularly a woman's friend.

MAY

1st. Full Moon ○ 10.19 a.m.
9th. Last Quarter ☾ 9.56 a.m.
16th. New Moon ● 10.14 p.m.
23rd. First Quarter ☽ 2.11 p.m.
30th. Full Moon ○ 11.30 p.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Wednesday	4.35	7.20	**17**	Friday	4.7	7.45
2	Thursday	4.33	7.21	**18**	Saturday	4.6	7.46
3	Friday	4.31	7.23	**19**	**Sunday**	4.5	7.48
4	Saturday	4.29	7.25	**20**	Monday	4.4	7.49
5	**Sunday**	4.27	7.26	**21**	Tuesday	4.3	7.51
6	Monday	4.26	7.28	**22**	Wednesday	4.1	7.52
7	Tuesday	4.24	7.29	**23**	Thursday	3.59	7.53
8	Wednesday	4.22	7.31	**24**	Friday	3.58	7.54
9	Thursday	4.21	7.32	**25**	Saturday	3.57	7.55
10	Friday	4.19	7.34	**26**	**Sunday**	3.56	7.56
11	Saturday	4.17	7.35	**27**	Monday	3.56	7.57
12	**Sunday**	4.16	7.37	**28**	Tuesday	3.55	7.59
13	Monday	4.14	7.38	**29**	Wednesday	3.54	8.0
14	Tuesday	4.12	7.40	**30**	Thursday	3.53	8.1
15	Wednesday	4.11	7.42	**31**	Friday	3.53	8.2
16	Thursday	4.9	7.43				

People born in May are courageous, kind hearted, vigorous and fond of fun. They take life easily and are apt to let their love of pleasure interfere with their work.

They are either in very high spirits or very melancholy, and need constant companionship and good company.

They have good memories, and are vexed to find that others cannot remember things so well as they can.

They like to have their own way, and yet will often interfere with other people's affairs.

Both the men and women born in May are flirts.

The lucky days in May are the 1st, 9th, 17th, 22nd, and 30th. The lucky stone is the emerald, and the motto for the month is "I watch!"

I watch myself, for I am apt to stray;
I watch the wise and virtuous day by day,
And lest I stumble on life's thorny way—
I watch!

TWENTY YEARS AGO

MRS. PEACE PROVED THE VALUE OF

MOTHER SEIGEL'S SYRUP

AS A CURE FOR INDIGESTION, AND SHE HAS NEVER SUFFERED SINCE.

MOTHER SEIGEL'S SYRUP does not "patch you up" for the time being. As soon as your digestive organs—your stomach, liver and bowels—have been restored to thorough working order, by a course of Mother Seigel's Syrup, you may be pretty sure that you are "cured for good."

If you have any doubts on the point, read the short, but interesting letter sent us by Mrs. R. Peace, of 28, Albion Street, Huddersfield, on April 13th, 1911. She writes :—

"Twenty years have passed since I first experienced the wonderful curative power of Mother Seigel's Syrup.

"I was suffering from a severe attack of indigestion, and could no longer digest my food, which used to create wind and cause acute pain in the stomach and chest."

These, of course, are the most common signs of indigestion, but other common signs are—headaches, biliousness, constipation, heart pains, sleeplessness, "nerves," and low spirits.

"I had been ill for some time," continues Mrs. Peace, "when I chanced to read in a little book, which was left at our house, of a case similar to my own which had been cured by Mother Seigel's Syrup. That induced me to buy a bottle of the medicine; and it did me so much good that I bought four or five more bottles, which proved sufficient for my complete cure.

"I have not suffered from indigestion since, though I and other members of my family have taken a few doses of the Syrup from time to time, for it is a fine tonic." Test it to-day!

8th. Last Quarter ☾ 2.36 a.m. | 21st. First Quarter ☽ 8.39 p.m.
15th. New Moon ● 6.24 a.m. | 29th. Full Moon ○ 1.34 p.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Saturday	3.52	8.4	**16**	**Sunday**	3.45	8.15
2	**Sunday**	3.51	8.5	**17**	Monday	3.45	8.16
3	Monday	3.50	8.6	**18**	Tuesday	3.46	8.16
4	Tuesday	3.50	8.7	**19**	Wednesday	3.46	8.16
5	Wednesday	3.49	8.8	**20**	Thursday	3.46	8.17
6	Thursday	3.49	8.9	**21**	Friday	3.46	8.17
7	Friday	3.48	8.10	**22**	Saturday	3.46	8.17
8	Saturday	3.48	8.11	**23**	**Sunday**	3.46	8.18
9	**Sunday**	3.47	8.12	**24**	Monday	3.47	8.18
10	Monday	3.47	8.12	**25**	Tuesday	3.47	8.18
11	Tuesday	3.46	8.13	**26**	Wednesday	3.48	8.18
12	Wednesday	3.46	8.14	**27**	Thursday	3.48	8.18
13	Thursday	3.45	8.15	**28**	Friday	3.49	8.18
14	Friday	3.45	8.15	**29**	Saturday	3.49	8.17
15	Saturday	3.45	8.15	**30**	**Sunday**	3.50	8.17

People born during June are seldom satisfied. Never seeming to know what they want, they always wish for something they haven't got, and often grumble because others are better off than they are.

They are constantly doing things to-day which they regret to-morrow. They are sympathetic and kind to those in trouble, and make good nurses.

They are fond of colour, music and society.

They are given to scolding and fault-finding, and for this reason they often become unhappy in married life. Before marriage, and after it, they are suspicious, jealous, and too fond of their own way.

They frequently show their quick tempers by biting their nails.

The lucky days of the month are the 1st, 6th, 12th, and 18th.

The motto for June is : " Be satisfied."

Think of the golden hours you knew !
Think of the time when skies were blue !
Fate has so oft been kind to you—
Be satisfied !

FOOD CAUSED INTENSE PAIN.

A LADY WHO SUFFERED FROM PAINS AFTER EATING, BILIOUSNESS AND SLEEPLESSNESS,

CURED BY MOTHER SEIGEL'S SYRUP!

"I WAS a martyr to indigestion and biliousness," says Mrs. Maxted, of Culford, Bury St. Edmund's, in her letter dated April 22nd, 1911. "I seemed quite unable to digest food of any sort. Even the lightest sort of food caused me intense pain, and if I ate anything in the evening time, it caused me to walk about my room for half the night in agony.

"I took many bottles of medicine, and it did me a little good; but as soon as I left off its use, or diminished the quantity, my trouble returned. On complaining of this to the doctor, he told me that this was as good as I had a right to expect at my age (I am now 64), but I was not satisfied. Accordingly I turned to Mother Seigel's Syrup, of which I had heard many good accounts. Relief came within three days, and complete cure in as many weeks. I took no more than six of the small bottles of Syrup, and my health has ever since been perfectly satisfactory."

There is no secret of the fact that Mother Seigel's Syrup has been curing people of stomach and liver troubles for the last forty years—people in sixteen different countries, and of all ages and all walks of life. As a cure for pains after eating, headaches, furred tongue, lost appetite, acidity of the stomach, wind, biliousness and constipation, Mother Seigel's Syrup has no equal. Test it yourself and you will find that it is a sure cure!

If you are away from home for days, or even for hours at a time, it is not always convenient to take Mother Seigel's Syrup, but you can have the same curative medicine in Tablet form.

Mother Seigel's Syrup Tablets are the solid form of Mother Seigel's Syrup and they can be carried in the waistcoat pocket. Sixty Tablets, in neat, screw-cap bottle—one size only, 2/9.

7th. Last Quarter ☾ 4.47 p.m. | 21st. First Quarter ☽ 5.18 a.m.
14th. New Moon ● 1.13 p.m. | 29th. Full Moon ○ 4.28 a.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Monday	3.50	8.17	17	Wednesday	4.5	8.7
2	Tuesday	3.51	8.17	18	Thursday	4.7	8.6
3	Wednesday	3.51	8.17	19	Friday	4.8	8.5
4	Thursday	3.52	8.16	20	Saturday	4.9	8.4
5	Friday	3.53	8.16	21	Sunday	4.10	8.3
6	Saturday	3.54	8.15	22	Monday	4.11	8.1
7	Sunday	3.55	8.15	23	Tuesday	4.12	8.0
8	Monday	3.56	8.14	24	Wednesday	4.13	7.58
9	Tuesday	3.57	8.14	25	Thursday	4.15	7.57
10	Wednesday	3.58	8.13	26	Friday	4.16	7.55
11	Thursday	3.59	8.13	27	Saturday	4.18	7.54
12	Friday	4.0	8.12	28	Sunday	4.19	7.52
13	Saturday	4.1	8.11	29	Monday	4.21	7.51
14	Sunday	4.2	8.10	30	Tuesday	4.22	7.49
15	Monday	4.3	8.9	31	Wednesday	4.23	7.48
16	Tuesday	4.4	8.8				

Persons born in July are generally noted for intelligence. They are also generous, kind and noble, though too sensitive to slights to be always happy.

They are fond of beautiful things, and often travel, usually late in life.

The women born in July are sweet-tempered and self-sacrificing; but they need sunshine, happiness and encouragement, to bring out their best qualities.

The men born in July are always fond of home. They are by nature inclined to be untidy.

The most fortunate days of the month to start undertakings are the 1st, 10th, 17th, and 27th. The lucky stone is the emerald. The motto for July is "Virtue Conquers."

Be not afraid to scorn! The wise and good,
Since earth began, have been misunderstood!
"Act well your part—There all the honour lies,"
And virtue wins content—life's sweetest prize!

Nervousness and Depression.

HOW often it is said, at the coroner's inquest on some weak mortal who has ended his own life, "He had seemed depressed for some time!" Poor fellow! Perhaps his worries turned his brain, but it is far more likely that his depression was caused by some digestive trouble, because most depression, like its twin sister, nervousness, is due to indigestion!

If you are depressed, and you don't know why; if you are nervous—about nothing—your stomach is at fault. Face the fact like a sensible person. Take Mother Seigel's Syrup, and nervousness and depression will leave you for ever!

Mrs. Jane Serjeant, opposite the Post Office, Fordham, Cambs., writes:—"I suffered from great depression of spirits. But before I had taken half-a-dozen doses of Mother Seigel's Syrup, I was distinctly better, and two small bottles of Syrup were sufficient for my complete cure."

Whenever you feel despondent, or find yourself becoming "a bundle of nerves," take a few doses of Mother Seigel's Syrup, and prove for yourself that it cures—permanently!

Her Cure was Permanent.

"IN November, 1909," writes Mrs. Gagg, of Ruardean Woodside, Ruardean, Glos., "I gave you a voluntary testimonial as to the great benefit I had derived from taking Mother Seigel's Syrup—how I, a woman then seventy-three years of age, had been cured of indigestion by it; and that, too, when other medicines had failed.

"Since the publication of my experience, nearly two years ago, many other users of Mother Seigel's Syrup have communicated with me—some, like myself, who have been cured of indigestion and biliousness, and others inquiring as to the truth of my story. To all, I have replied that I have proved by my own case that Mother Seigel's Syrup is a sure cure for indigestion, and a fine corrective of many minor ailments."—April 16th, 1911.

6th. Last Quarter ☾ 4.18 a.m. | 19th. First Quarter ☽ 4.57 p.m.
12th. New Moon ● 7.58 p.m. | 27th. Full Moon ○ 7.59 p.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Thursday	4.25	7.47	**17**	Saturday	4.49	7.18
2	Friday	4.27	7.45	**18**	**Sunday**	4.51	7.16
3	Saturday	4.28	7.43	**19**	Monday	4.52	7.14
4	**Sunday**	4.30	7.42	**20**	Tuesday	4.54	7.12
5	Monday	4.31	7.40	**21**	Wednesday	4.56	7.10
6	Tuesday	4.33	7.38	**22**	Thursday	4.58	7.8
7	Wednesday	4.34	7.37	**23**	Friday	5.0	7.6
8	Thursday	4.36	7.35	**24**	Saturday	5.1	7.4
9	Friday	4.37	7.33	**25**	**Sunday**	5.3	7.1
10	Saturday	4.39	7.32	**26**	Monday	5.4	6.59
11	**Sunday**	4.40	7.30	**27**	Tuesday	5.6	6.57
12	Monday	4.42	7.28	**28**	Wednesday	5.7	6.54
13	Tuesday	4.43	7.26	**29**	Thursday	5.9	6.52
14	Wednesday	4.45	7.24	**30**	Friday	5.10	6.50
15	Thursday	4.46	7.22	**31**	Saturday	5.12	6.48
16	Friday	4.48	7.20				

People born in August are capable of great things. They are good managers, and, though they like their own way, their way is often best.

They always have opinions of their own, and stick to those opinions in spite of arguments or proof. They are sympathetic, kind and emotional.

Their likes and dislikes are particularly strong, and they frequently judge on first impressions.

The August born frequently marry twice. In business affairs, their judgment is nearly always good. As workers and arguers, they have no equals. The men born in August can be trusted with either money or secrets.

The lucky stone this month is the garnet, which is said to preserve health. The motto is "Be up and doing."

"Let us then be up and doing
With a heart for any fate,
Still achieving, still pursuing
Learn to labour and to wait!"

"DREADED TO EAT!"

THROUGH THE CRUEL TORTURES OF INDIGESTION.

YOU have often heard the saying—"As safe as the Bank of England!" We all *believe* that the Bank of England is perfectly safe. But when people say "Mother Seigel's Syrup cures indigestion," they say not only what they *believe*, but what they *know* from actual experience.

Take the case of Mrs. Hipgrave. Writing us on April 21st, 1911, she says :—

"Generally of good health and fairly strong, I experienced a great change in that respect, the winter before last. For the first time in my life I became subject to indigestion—and that badly.

"After a meal, it seemed as though a knife was thrust into my breast. The agony was so acute that I dreaded to eat; in consequence of which my weight decreased and my strength declined.

"Being advised to try Mother Seigel's Syrup, I took a little of that medicine in sugar and water, after each meal, and was much gratified at obtaining some relief from the very first dose.

"For some time past—about a year—I have been *absolutely free* from any sign of indigestion, but I continue to take the Syrup from time to time, for my recollection of what I suffered is so vivid that I would do almost anything rather than go through the same torture again."

Mrs. Hipgrave says, in her picturesque style, only what other people say who have given Mother Seigel's Syrup a fair trial—namely, that it cures indigestion!

If you have any digestive trouble—pains after eating, headaches, bilious attacks, constipation, loss of appetite, furred tongue, sleeplessness, or that "run down" feeling, Mother Seigel's Syrup will cure you as it cured Mrs. Hipgrave, of 4, Cobden Terrace, North Gate Street, Yarmouth.

Buy and try a bottle of Mother Seigel's Syrup for yourself to-day, and prove that it cures indigestion and other stomach and liver troubles—*permanently*!

4th. Last Quarter ☾ 1.23 p.m. | 18th. First Quarter ☽ 7.55 a.m.
11th. New Moon ● 3.48 a.m. | 26th. Full Moon ○ 11.34 a.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Sunday	5.14	6.46	16	Monday	5.38	6.12
2	Monday	5.15	6.44	17	Tuesday	5.39	6.10
3	Tuesday	5.17	6.42	18	Wednesday	5.41	6.8
4	Wednesday	5.18	6.40	19	Thursday	5.43	6.5
5	Thursday	5.20	6.38	20	Friday	5.45	6.3
6	Friday	5.21	6.35	21	Saturday	5.46	6.0
7	Saturday	5.23	6.33	22	Sunday	5.48	5.58
8	Sunday	5.25	6.31	23	Monday	5.49	5.55
9	Monday	5.27	6.29	24	Tuesday	5.51	5.53
10	Tuesday	5.29	6.26	25	Wednesday	5.52	5.51
11	Wednesday	5.30	6.24	26	Thursday	5.54	5.49
12	Thursday	5.32	6.22	27	Friday	5.55	5.47
13	Friday	5.33	6.19	28	Saturday	5.57	5.45
14	Saturday	5.35	6.17	29	Sunday	5.58	5.43
15	Sunday	5.36	6.15	30	Monday	6.0	5.41

People born in September are generous, affectionate, and orderly. They are more silent than other people, and can be trusted with secrets.

They are very exacting and critical, and seldom make allowances for others; though they don't like being criticised themselves.

They are inclined to be selfish, and thin-skinned.

They are fond of society, and of dress, and frequently spend some years of their lives in travelling.

They are often fickle in love, but are capable of genuine affection.

They usually have good health, but suffer sometimes through over-eating, or drinking too much. The lucky days in September are the 3rd and 30th, and the lucky stone is the pearl.

The motto for September is "Live and Let Live!"

Live, but let others in peace abide!
There is room for all—for the world is wide!
Room for us all on its sunny side,
As long as we live!

The Consequences of Constipation.

AS five or six persons out of ten suffer more or less from constipation, I need not tell you anything of the miseries of this complaint ; but its dangers are often underrated. The chief danger of constipation is that it causes the blood to be polluted, and polluted blood means heaviness, languor, headaches, nervous depression, and loss of strength. Again, people who have constipation are always more liable to diseases than those who have regular, daily action of the bowels, and, further, they suffer longer with diseases, when attacked, and suffer more ! What you need to cure constipation is a reliable medicine that will gently stimulate the action of the liver and bowels, and for this purpose there is nothing nearly so good as the herbal tonic, Mother Seigel's Syrup.

Mrs. Amy Payne, Upper Cock Street, Detling Hill, Maidstone, Kent, writes :—" My constipation was very severe. Ordinary medicine did me no good, but by the time I had taken ten bottles of Mother Seigel's Syrup, I was thoroughly cured."

Mr. W. Palmer, 26, Alfred Terrace, Wharf Street, Leicester, says :—" I was very constipated. But my five years' illness was terminated by Mother Seigel's Syrup, and I now enjoy the good health of my youth."

Mrs. M. A. Murray, 41, Wychtree Street, Morriston, Swansea, writes :—" I became constipated, with frequent headaches, and violent pains in the region of the heart. The very first bottle of Mother Seigel's Syrup did me a world of good. I had about eight bottles of the Syrup, and by then my cure was complete."

Violent purgatives may give you relief at the time, but their effect is artificial and temporary ; they weaken the action of the bowels and therefore increase the constipation. To cure permanently and naturally, your bowels need healthful strength, and this strength is supplied by the tonic action of Mother Seigel's Syrup. It has cured others! It will cure *you !*

3rd. Last Quarter ☾ 8.48 p.m. | 18th. First Quarter ☽ 2.6 a.m.
10th. New Moon ● 1.41 p.m. | 26th. Full Moon ○ 2.30 a.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Tuesday	6.2	5.38	**17**	Thursday	6.29	5.2
2	Wednesday	6.4	5.36	**18**	Friday	6.31	5.0
3	Thursday	6.6	5.33	**19**	Saturday	6.33	4.58
4	Friday	6.7	5.31	**20**	**Sunday**	6.35	4.56
5	Saturday	6.9	5.29	**21**	Monday	6.36	4.54
6	**Sunday**	6.11	5.26	**22**	Tuesday	6.38	4.52
7	Monday	6.13	5.24	**23**	Wednesday	6.39	4.50
8	Tuesday	6.14	5.22	**24**	Thursday	6.41	4.48
9	Wednesday	6.16	5.19	**25**	Friday	6.43	4.46
10	Thursday	6.18	5.17	**26**	Saturday	6.45	4.44
11	Friday	6.19	5.15	**27**	**Sunday**	6.46	4.42
12	Saturday	6.21	5.13	**28**	Monday	6.48	4.40
13	**Sunday**	6.22	5.11	**29**	Tuesday	6.50	4.38
14	Monday	6.24	5.9	**30**	Wednesday	6.52	4.36
15	Tuesday	6.26	5.7	**31**	Thursday	6.54	4.34
16	Wednesday	6.28	5.4				

Persons born during October are generous, ambitious, and talented. They are apt to take little care of their money, to spend it too freely, and to gamble, or speculate rashly !

They have ability to get on in the world, but are too easily discouraged, failing often for want of heart.

They are apt to forget little things, such as their engagements, promises, and small debts, and are often irritated when reminded of their duty.

In love, the men, though attractive, are too fickle to make good lovers or husbands, and the girls often remain old maids because they divide their affections, and only realise who was the Right Man when it is too late.

The motto for October is : " Every cloud has a silver lining."

October's road is rough, they say !
Keep a brave heart and worry less,
And you shall climb the thorny way
To fortune and to happiness !

A Few Words on Biliousness.

YOUR liver has to produce, each day, a certain amount of bile fluid, which both aids in the digestion of food and acts as a natural purgative. When your liver produces too little bile, constipation is the result, and when it produces too much, you have bilious attacks. The most frequent signs of biliousness are giddiness, a mist which interferes with your vision, or black specks which float before the eyes, yellow skin and eyes, and painful headaches. Some people are prostrated for days at a time, with bilious attacks; others have them at frequent intervals, though they may not last long. For biliousness, there is only one cure—and that is to regulate your liver so that it produces just the right quantity of bile, and to do this you *must* take a medicine that acts directly upon the liver!

Mr. T. Hamilton, 18, Upper Fox Street, Leicester, writes on April 20th, 1911 :—"For several months I suffered from a disordered liver and stomach; that is to say, I was bilious, constipated and unable to digest my food. By the time I had taken two bottles of Mother Seigel's Syrup, all distressing symptoms had disappeared. I agree with those who describe Mother Seigel's Syrup as a perfect cure."

Mother Seigel's Syrup is made of medicinal extracts of roots, barks and leaves which do act directly upon the liver! They tone it, stimulate it, and regulate it, too, as nothing else does.

Wonderful Cure of a Lady now Over 80 Years Old.

FOUR years ago—August 27th, 1907—Miss Letitia Johnson, of 33, Evesham Road, Stratford-on-Avon, sent us a letter telling of the wonderful relief she then felt from the pains of Sciatica, which has afflicted her for about 14 years. She said: "I have not had a single bodily pain since my cure."

On Empire Day, May 24th, 1911, she again wrote to us, quite unsolicited, saying: "From taking Mother Seigel's Syrup and Pills for several months, I seemed to have a new life. I take the Syrup when I feel I need it, as there is no other medicine to equal it." Test the Syrup for yourself, to-day!

2nd. Last Quarter ☾ 3.38 a.m. | 16th. First Quarter ☽ 10.43 p.m
9th. New Moon ● 2.5 a.m. | 24th. Full Moon ○ 4.12 p.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	Friday	6.56	4.32	16	Saturday	7.21	4.8
2	Saturday	6.58	4.30	17	Sunday	7.23	4.6
3	Sunday	6.59	4.29	18	Monday	7.25	4.5
4	Monday	7.1	4.27	19	Tuesday	7.27	4.4
5	Tuesday	7.3	4.25	20	Wednesday	7.29	4.3
6	Wednesday	7.5	4.24	21	Thursday	7.30	4.2
7	Thursday	7.7	4.22	22	Friday	7.32	4.1
8	Friday	7.8	4.20	23	Saturday	7.33	4.0
9	Saturday	7.9	4.18	24	Sunday	7.35	4.0
10	Sunday	7.11	4.17	25	Monday	7.36	3.59
11	Monday	7.13	4.15	26	Tuesday	7.38	3.58
12	Tuesday	7.15	4.14	27	Wednesday	7.39	3.57
13	Wednesday	7.16	4.12	28	Thursday	7.41	3.56
14	Thursday	7.18	4.11	29	Friday	7.43	3.55
15	Friday	7.20	4.9	30	Saturday	7.44	3.54

People born in November have strong wills and both like and *get* their own way. They are courteous and affable as a rule, but can be cruel.

They make good talkers and yet are not given to gossip. They like to have praise and flattery, but they seldom bestow it.

By instinct, they are lazy, but when they work, they are clever.

They are extravagant, and frequently repent in old age the follies of their youth. They make very good friends, and though often deceived, are always ready to forgive and forget.

They are generous-hearted and like to entertain.

The lucky days in November are the 1st, 3rd and 15th, and the lucky stone is the moonstone.

The motto is :—" Faith, Hope and Charity."

Have faith in the wisdom that guides your fate !
Hope for the best, and the best shall be !
And give to the stranger within your gate
From the bounteous store of your Charity.

THE VILLAGE BLACKSMITH

SUFFERED FROM INDIGESTION,
WIND, BILIOUSNESS AND CONSTIPATION, UNTIL

CURED BY

Mother Seigel's Syrup!

THE blacksmith of Rubery, near Halesowen, Worcs., is Mr. Charles A. Buckley. Writing us on April 8th, 1911, Mr. Buckley said :—

"I am fifty-seven years of age, and rather more than ten years have passed since I first used Mother Seigel's Syrup. I was naturally bilious, and subject to constipation and flatulence. At the period of which I speak, I had been very ill. I could not digest my food at all. Whatever I ate produced windy spasms, and, judging from the decline in my strength, I got practically no nourishment from it.

"Apart from the misery of such a state, being by trade a blacksmith, it was of the utmost importance that I should maintain my strength. I tried several 'remedies' which did *not* remedy, and at last tried Mother Seigel's Syrup—*the medicine which has kept me in good health from that day to this.*"

When you have read Mr. Buckley's letter, all you can say is : "Here, for the fifty thousandth time, is proof that Mother Seigel's Syrup cures and prevents indigestion in all its forms."

If you have pains after eating, headaches, biliousness, wind, loss of vigour, constipation, or any kindred trouble, Mother Seigel's Syrup is more likely to cure you and to keep you well than any other medicine you can buy. Why don't you try it ?

In sixteen different countries, Mother Seigel's Syrup is the favourite family remedy for indigestion and other stomach and liver troubles. The reason is not far to seek. The herbal extracts of which the Syrup is made tone up and strengthen the stomach, stimulate the liver and regulate the bowels, surely and speedily. Thus the Syrup cures naturally, and, better still, it cures permanently !

1st. Last Quarter ☾ 11.5 a.m.
8th. New Moon ● 5.7 p.m.
16th. First Quarter ☽ 8.6 p.m.
24th. Full Moon ○ 4.30 a.m.
30th. Last Quarter ☾ 8.12 p.m.

		Sunrise.	Sunset.			Sunrise.	Sunset.
1	**Sunday**	7.45	3.54	**17**	Tuesday	8.2	3.51
2	Monday	7.46	3.54	**18**	Wednesday	8.3	3.51
3	Tuesday	7.48	3.53	**19**	Thursday	8.4	3.51
4	Wednesday	7.49	3.53	**20**	Friday	8.5	3.51
5	Thursday	7.50	3.52	**21**	Saturday	8.5	3.52
6	Friday	7.51	3.52	**22**	**Sunday**	8.5	3.53
7	Saturday	7 53	3.52	**23**	Monday	8.5	3.53
8	**Sunday**	7.54	3.51	**24**	Tuesday	8.6	3.54
9	Monday	7.55	3.51	**25**	Wednesday	8.6	3.55
10	Tuesday	7.56	3.50	**26**	Thursday	8.6	3.56
11	Wednesday	7.57	3.50	**27**	Friday	8.7	3.56
12	Thursday	7.58	3.50	**28**	Saturday	8.7	3.57
13	Friday	7.59	3.50	**29**	**Sunday**	8.7	3.57
14	Saturday	8.0	3.50	**30**	Monday	8.8	3.58
15	**Sunday**	8.0	3.51	**31**	Tuesday	8.8	3.59
16	Monday	8.1	3.51				

People born in December are always in a hurry. They rush through life at express speed and consequently are liable to nervous prostration.

They are frank, generous and truthful. They may always be trusted in money matters, as they are honest and conscientious. They make friends quickly—and keep them.

They are never tired of doing kindly acts—especially to the sick. They make good lovers and good husbands and wives.

They are usually well-blessed with this world's goods, though fortune may not smile on them in their young days. Although they succeed themselves, they are apt to envy the success of others.

The lucky days in December are the 18th and 25th, and to be born on Christmas Day is very fortunate indeed. The lucky stone is the turquoise.

Patience! O anxious heart, O fretful mind!
Unseemly haste will spoil your best endeavour;
The greatest, noblest works of all mankind
Were wrought in patience to endure for ever!

How to Cure Headaches.

IF you have frequent headaches, the cause is almost certain to be some derangement of the stomach, liver or bowels. No matter whether the pain is over your eyes, in the top of the head, or at the back—whether it is a nervous headache, a bilious headache, or a headache which lasts for days—the root of the trouble lies in some digestive disorder. You may get relief from a "headache cure," but many of these cures are dangerous—especially to the heart. Mother Seigel's Syrup does not promise you *instant* relief, but it does promise you a *permanent cure*! The herbal extracts of which it is made tone up and strengthen the stomach, stimulate the liver and regulate the bowels. By doing this, it cures the digestive disorders, and banishes the headaches once for all. Further, Mother Seigel's Syrup does not affect the heart in *any* way!

Miss R. Turner, 7, Fielden Street, Accrington Road, Burnley, says:—"I had splitting headaches. After a few doses of Mother Seigel's Syrup, the headaches were less severe and soon I was as well as I had ever been in my life."

There is only one true test of the value of any medicine, whether you buy it cheaply, or pay pounds to get it; and that test is *its curative power*! There are dozens of medicines that *may* cure headaches, but here you have proof that Mother Seigel's Syrup *does* cure them—permanently!

Mother Seigel's Ointment.

NO amount of foresight will enable us to guard against such every-day troubles as burns, scalds, bruises, etc., and—especially where there are children—such accidents should be anticipated. Therefore, every family requires to keep in the house a reliable, healing ointment; and there is nothing better than Mother Seigel's Ointment, which both soothes and heals. It will be found invaluable in such cases as we have mentioned, and also for chapped hands, or chilblains.

Rheumatism, Gout and Sciatica.

THESE troubles are very much alike in their cause, in the nature of the pain, and in the remedy they need! They are caused by acids in the blood which will be passed off naturally and unnoticed when your digestive system is in perfect working order! But when your stomach, liver and bowels are *not* doing their duty, these acids accumulate, and instead of being passed off, they settle in the muscles and joints, or on the sciatic nerve, create inflammation and then cause untold agony. By keeping the stomach, liver and bowels in working order, Mother Seigel's Syrup cures rheumatism, and its sister complaints, and prevents their return.

Mrs. Mary Boaden, 96, Moorland Road, Splotlands, Cardiff, says :—"I was struck down by rheumatism. I was incapable of any effort, and could neither sit nor stand, so dreadful was the pain in my joints. Before I had taken half-a-dozen bottles of Mother Seigel's Syrup, I was entirely free of rheumatism. Mother Seigel's Syrup thoroughly cured me."

A brine bath, the application of hot flannels or hot salt, or a vigorous rubbing with embrocation, may take away, for the time being, the agony of rheumatism. But the trouble will return! You must keep your blood *free from an excess of the acid which causes rheumatism* if you want to be always free from this distressing complaint, and no other medicine purifies the blood and thus cures and wards off rheumatism so surely as Mother Seigel's Syrup.

Be Careful of Your Kidneys.

YOUR kidneys are the blood-filters of your body, and have a most important duty to perform. You must be careful of them, because kidney troubles are both painful and dangerous. When, as a result of indigestion, your blood is loaded with impurities, the kidneys may have too much work to do to filter

that impure blood—and woe betide you if they "go on strike."

A common sign of kidney trouble is backache. Either you feel as though you had been stabbed in the back, or you have a dull sickly pain in the small of the back, which makes your life a heavy burden.

Then urinary difficulties follow—cloudy, scanty, or highly-coloured urine which leaves a sediment—and, if the trouble is long neglected, you may get incurable kidney disease. In short, the beginning of nearly all kidney troubles is *impure blood!* Keep your digestion sound, and your blood pure, by taking the greatest of all digestive tonics and blood purifiers, Mother Seigel's Syrup, and then you will avoid kidney troubles.

Mrs. Rose Jepson, Stone, Maltby, Rotherham, Yorks, says:—"For many years, I suffered from weak kidneys, and tried almost every sort of medicine, without getting any relief. But Mother Seigel's Syrup did me good at once, and was not long in curing me."

The medicinal extracts of roots, barks and leaves, of which Mother Seigel's Syrup is composed, are a most valuable tonic for your kidneys, both directly and indirectly! Try a few doses of Mother Seigel's Syrup whenever you have those nasty pains in the back, and you will be delighted with the relief!

MOTHER SEIGEL'S PILLS.

THERE is nothing to equal Mother Seigel's Pills, as a cure, in cases of obstinate constipation. They combine effective, but gentle, vegetable laxatives in a form adapted for family use. All who suffer from constipation, and desire a complete and natural cure, should avoid drastic mineral purgatives, and use, instead, Mother Seigel's Pills. They act gently, yet thoroughly, and there are no after-effects, such as the aggravated intense constipation which often follows the use of violent purgatives. When the bowels have been relieved by the Pills, regularity is often assisted by taking small doses of Mother Seigel's Syrup. One or two Pills, or, in very obstinate cases, three or four Pills, at bedtime, will bring relief by the morning.

Mother Seigel's Plasters.

AT one time or another, we all suffer from troubles which call for a plaster to relieve them quickly. A cold on the chest, or a chill on the kidneys, calls for a plaster on the chest or on the small of the back, and any trouble which sends the blood to the head is often relieved by a plaster applied to the back of the neck. Mother Seigel's Plasters *soothe at once*, and heal just as soon as their medicinal properties have been absorbed by the skin and diffused through the system. They are flexible, so as to fit closely to the part of the body where applied, and porous, so as to allow the humours withdrawn from the body to escape. These Plasters are better and cheaper than liniments and embrocations.

Mother Seigel's Cough Balsam.

NEARLY all people are liable to coughs, and that, perhaps, is why coughs are so often and so unwisely regarded as trivial matters. They are nothing of the kind ! To begin with, a cough is disagreeable ; when it increases, it is dangerous ; and if long neglected, it opens the way to bronchitis, and that scourge of our land—consumption ! In a severe fit of coughing, you strain and excite many internal organs and nerves, especially those of the throat, chest and heart, and by thus weakening these parts you render them liable to be attacked by other ailments.

If you have a cough, with difficult, wheezy breathing, you should at once try to overcome or lessen the inflamed irritation at the seat of the trouble, and this you can do, with perfect safety, by taking Mother Seigel's Cough Balsam. This herbal remedy is superior to narcotics, sedatives and the ordinary "cough mixtures" because, unlike them, it does not disturb the stomach or bowels. It soothes the irritated passages and membranes affected by the cough, allays the inflammation, and cures quickly, naturally, thoroughly.

KNO-SKA THE NEW OINTMENT FOR ECZEMA

AND OTHER SKIN TROUBLES!

EVERYBODY knows that eczema is an unsightly trouble, and those who have it know how painful it can be. Time and again, some forms of this disease have defied the best and most careful treatment, but to-day, in Kno-Ska, we have an ointment which has cured even the worst and most obstinate cases of Eczema.

Applied to the face, arms, legs, or any other part of the body attacked by Eczema, Kno-Ska subdues the inflammation or itching, dries up the moisture, and quickly heals the skin. As its name implies, this ointment has the additional merit that, unlike many so-called remedies for Eczema, it leaves NO SCAR!

In cases of weeping Eczema, Kno-Ska should be applied *sparingly*, but for boils, sores, etc., it may be used more freely. The antiseptic qualities of Kno-Ska effectively counteract poisons in the wounds, or sores, while its emollient properties soften and heal the surfaces with wonderful rapidity.

In treating Hæmorrhoids (Piles) first bathe the affected parts with water as hot as you can comfortably bear it, and then apply Kno-Ska *sparingly*. In most cases, and especially in bleeding Piles, a little smarting may be expected, as soon as the ointment is applied, but this will pass off. Mild cases of Hæmorrhoids yield to two or three applications of Kno-Ska, but in obstinate cases a little perseverance is, of course, necessary before a complete and permanent cure is attained.

If you have any painful or unsightly skin trouble, if you have any sores, or boils, or piles, but especially if you have Eczema, we recommend Kno-Ska to you as the best preparation that has yet been placed on the market. Try a tube for yourself!

Should you have any difficulty in obtaining Kno-Ska from your local Chemist, send us a Postal Order for 1/1½, or stamps to that value, and we will send you a tube of Kno-Ska, postage paid, by return.

HAVE YOU HAD YOUR FREE SAMPLE OF MERSEL'S FOOD?

NATURE has provided the ideal food for an infant, in the milk of a healthy mother. But many mothers, because of poor health, or because they are engaged in the daytime, away from home, are obliged to provide a substitute for baby's natural food.

Mersel's Food, when prepared according to the directions enclosed with each tin, provides all that is required to form flesh, bone, blood, and muscle. In other words, Mersel's Food is—both in nutritive and digestive qualities—the ideal substitute for human milk.

Many mothers attempt to rear their infants on cow's milk alone, but in the majority of such cases, the child develops rickets, or fails to get sufficient nourishment. One cause of this is that cow's milk separates into large flakes, which baby's stomach cannot easily digest. But Mersel's Food, like breast milk, separates into fine particles, which are easily digested, so

.....

CUT HERE

FREE SAMPLE COUPON

To obtain a **FREE** Sample of

MERSEL'S FOOD

FOR INFANTS AND INVALIDS

write your name and address clearly on this Coupon and send it to

A. J. WHITE, Ltd., 35, Farringdon Road, London, E.C.

Name (in full) .....

Address .....

.....

that baby gets the full nourishment from the food taken.

Mersel's Food is prepared, by the latest scientific methods, from the nutritive parts of the finest wheat. In its natural state, wheat contains too much of what is called *unchanged starch* for an infant to digest it. At the same time, starch is necessary for every baby, and starch in a *changed form*, to suit an infant's powers of digestion, is present in human milk. In a *changed*, or digestible form, the necessary starch is also to be found in Mersel's Food.

THE IDEAL SUBSTITUTE FOR MOTHER'S MILK

In certain ordinary foods for infants, *unchanged starch* is present, which explains why baby does not thrive upon such preparations, and foods containing the nourishing *changed starch* are, for the most part, expensive. It is not always possible to pay more than a limited sum per week for an infant's keep, and to every mother who desires to give her child the *best* food, at the *cheapest* price consistent with quality, Mersel's Food is unapproachable in value!

Mersel's Food, however, is not only for infants. Nursing mothers must pay special attention to *their own diet.* In addition to a liberal quantity of plain, wholesome food, an abundance of milky food is necessary, and for this purpose Mersel's Food, mingled with fresh cow's milk, is a perfect diet for a nursing mother!

FOR NURSING MOTHERS, INVALIDS AND THE AGED.

In the case of invalids, Mersel's Food will be easily retained and quickly digested. It also gives aged people the easily digested nutriment they need, and thus it sustains vitality!

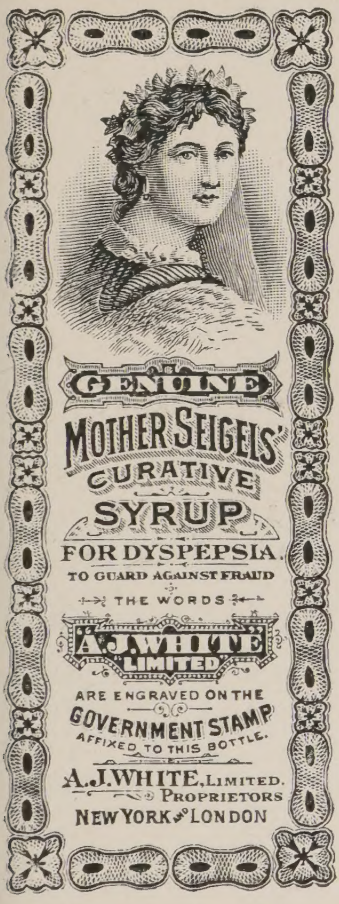
But BEFORE YOU BUY a Single Tin of this Food, test it for yourself AT OUR EXPENSE.

Write your name and address on the coupon printed on page 31, post it to us, and we will send you at once a 2 oz. tin of Mersel's Food, FREE!

Should you experience difficulty, later, in obtaining supplies of Mersel's Food from your local Chemist, we will send you a full-sized tin, postage paid, on receipt of a postal order for one shilling, or stamps to that value!

TAYLOR, GARNETT, EVANS, & CO., LTD., Printers, London, Manchester, and Reddish.

Directions for taking Mother Seigel's Curative Syrup.



DOSE.—FIFTEEN TO THIRTY DROPS, two or three times a day, in a wineglassful of water, directly after eating.

NOTE.—Mother Seigel's Curative Syrup is put up in a very highly concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

Commence by taking ten or fifteen drops three times a day, directly after eating, in a little cold sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken directly after eating, so that Mother Seigel's Curative Syrup may become mixed with the food while being digested. It is best not to take Mother Seigel's Curative Syrup on an empty stomach. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Seigel's Curative Syrup.

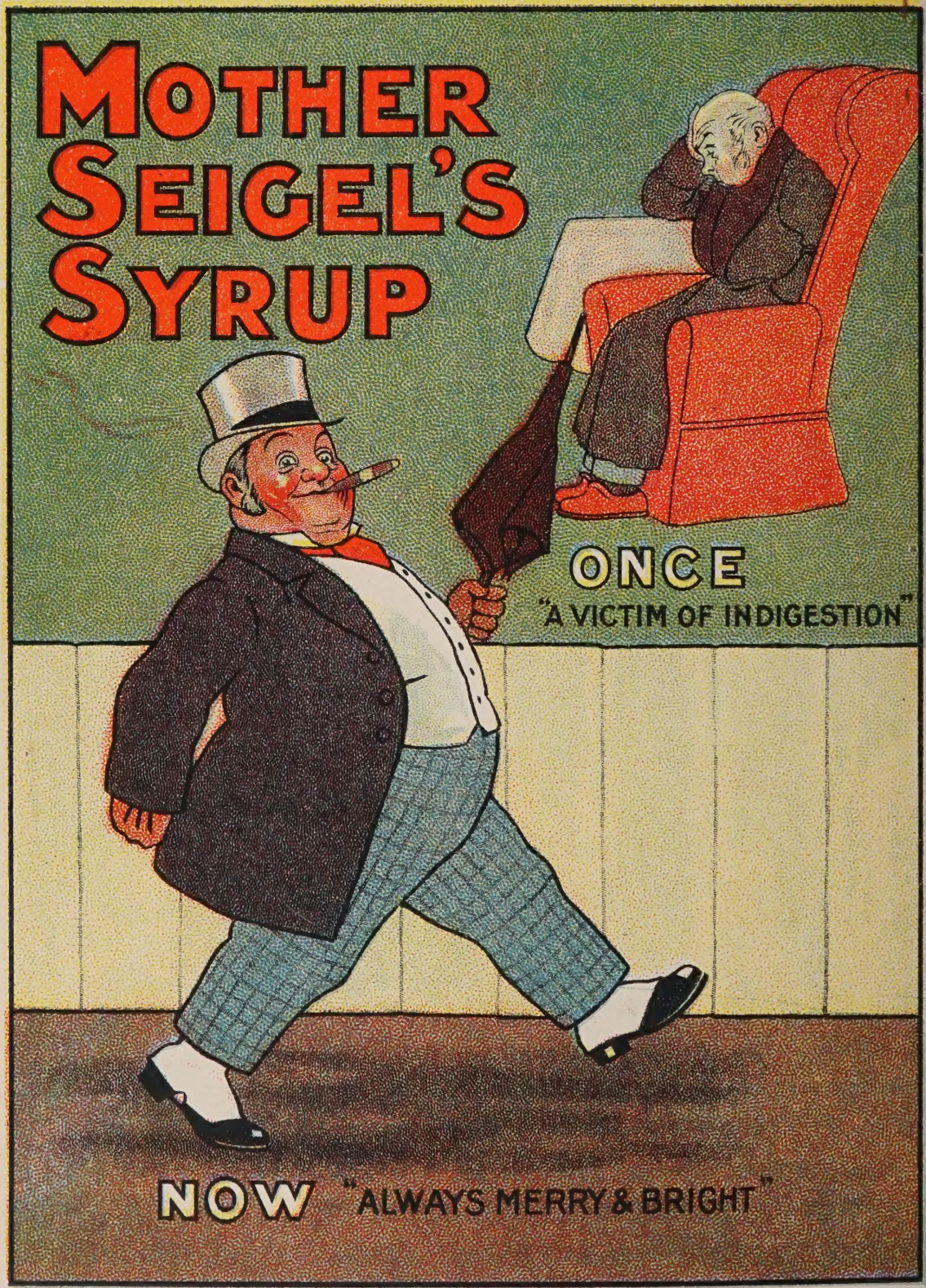
PRICES.

MOTHER SEIGEL'S SYRUP .. .. 1/1½ & 2/6 per bottle.
The 2/6 bottle contains 3 times as much as the 1/1½ size.
MOTHER SEIGEL'S SYRUP TABLETS .. .. 2/9 per bottle.
,, PILLS .. .. 1/1½ per box.
,, PLASTERS .. .. 1/1½ each.
,, MALT COUGH BALSAM 1/1½ & 2/6 per bottle.
,, OINTMENT .. .. .. 1/1½ per box.
KNO-SKA for Eczema and Piles .. .. 1/1½ per tube.

Sold by all Chemists and Patent Medicine Vendors. In case you cannot obtain the Remedies, we will forward them direct and post free on receipt of P.O.O. or stamps.

A. J. WHITE, Ltd., 35, Farringdon Road, LONDON, E.C.

Wellcome Library


MOTHER SEIGEL'S SYRUP
ONCE
"A VICTIM OF INDIGESTION"
NOW "ALWAYS MERRY & BRIGHT"